

# **hanumat sahasranaama stotram**

*paraashara samhitaa, ashTaasheetitam paTala, shree raama prokta stotram*

**shree maitreya uvaacha -**

duhkhhasangho nivrutyartham broohi me karuNaanidhe |  
bhooyo api krupaya brahman kinchit saadhanam uttamam || 1 ||

**shree paraashara rushayah oochu -**

rushe lohagirim praaptah seetaa virahakaatarah |  
bhagavan ithidhaa draamah tatsarvam broohi sattharam || 2 ||

**vaalmeeki uvaacha -**

maayaamaanusha deho ayam dadarshaagre kapeeshvaram |  
hanumantam jagatsvaami baalaarkasama tejasam || 3 ||

sa satvaram samaagamya saashTaangam praNipatya cha |  
krutaanjali puTo bhootvaa hanumaana naamam abraveet || 4 ||

**shree hanumaana uvaacha -**

dhanyo asmi krutakrutyo asmi drushTvaa tvat paadapankajam |  
yoginaamapagyamyam cha samsaarabhaya naashanam |  
purushottamam cha devesham kartavyam tam nivedyataam || 5 ||

**shree raamachandra uvaacha -**

janasthaanam kapishreshTha ko apyaagatya videhajaam |  
hrutavaana viprasamvesho maareechaanugate mayi || 6 ||

gaveshya saampratam veerah jaanakee haraNe namah |  
tvayaa gamyo na ko deshah tvam cha gyaanavataavara |  
saptakoTi mahaamantra mantritaadhyavah prabhuH || 7 ||

**rushayah oochuh -**

ko mantrah kimcha taddhyaanam tanno broohi yathaarthataa |  
kathaa sudhaarasam peetvaa trupyaamah paramtapah || 8 ||

**vaalmeekih uvaacha -**

mantram hanumato siddhi bhuktimukti pradaayakam |

mahaarishTa mahaapaapa mahaaduhkha nivaaraNam || 9 ||

### **mantram**

om aim hreem shreem hanumate | raamadootaaya | lankaa vidhvamsanaaya |  
anjaneegarbha sambhootaaya | shaakinee Dhaakinee vidhvamsanaaya | kilikili boo boo  
kaareNa vibheeshaNaaya | hanumatebhyaaya | om hreem shreem hlaum haam hum  
phaT svaahaa |

anyam hanumato mantram sahasranaama samgyitam |  
jaanantu rushayah sarve mahaaduritanaashanam || 10 ||

yasya samsmaraNaat seetaam labdhyaa raajyam akaNTakam |  
vibheeshaNaaya cha dadaaya aatmaanam labdhvaanmaya || 11 ||

sahasranaama sanmantram duhkhaaghougha nivaaraNam |  
vaalmeeke broohi nah toorNa shushrooshaamah kathaam paraam || 12 ||

### **vaalmeekih uvaacha -**

shruNvantu rushayah sarve sahasranaamakam stavam |  
stavaanaam uttamam divyam sadarthasya pradaayakam || 13 ||

asya shree hanumat sahasranaama stotra mantrasya | shree raamachandra rushih |  
anushTup Chandah | shree hanumaana rudro devataa | hreem shreem hraam beejam |  
shree iti shaktih | kilikili boo boo kaareNa iti keelakam | lankaa vidhvamsaneti kavacham  
| mama sarvopadrava shaantyarthe mama sarvakaarya siddhyarthe jape viniyogah |  
rushyaadikam vinyastha || 14 ||

om aim hanumate raamadootaaya angushThaabhyaaam namah |  
lankaa vidhvamsanaaya tarjaneebhyaam namah |  
anjaneegarbha sambhootaaya madhyamaabhyaaam namah |  
shaktinee Dhaakinee vidhvamsanaaya anaamikaabhyaaam namah |  
kilikili boo boo kaareNa vibheeshaNaaya hanumaddevaaya kanishThikaabhyaaam  
namah |  
om hreem shreem hreem haam hum phaT svaahaa karatala karaprushThaabhyaaam  
namah ||

om aim hanumate raamadootaaya hrudayaaya namah |  
lankaavidhvamsanaaya shirasi svaahaa |  
anjaneegarbha sambhootaaya shikhaayai vashaT |  
shaakinee Dhaakinee vidhvamsanaaya kavachaaya hum |  
kilikili boo boo kaareNa vibheeshaNaaya hanumaddevaaya netratrayaaya voushaT |  
om hreem shreem hraum haam hum phaT svaahaa astraaya phaT |  
bhoorbhuva ssuvarom iti digbandhah || 15 ||

**dhyaanam -**

pratapta svarNavarNaabham samraktaaruNa lochanam |  
sugreevaadi yutam dhyaayet peetaambara samaavrutam || 16 ||

goshpadeekruta vaareesham pucCha maskatam eeshvaram |  
gyaanamudraam cha vibhraaNam sarvaalankaara bhooshitam || 17 ||

**shree raamachandra uvaacha -**

**shree hanumat sahasranaama stotram**

hanumaan shreeprado vaayuputro rudro anagho ajarah |  
amrutyuh veeraveerashcha graamavaaso janaashrayah || 18 ||

dhanado nirguNah shooro veero nidhipatirmunih |  
pingaaksho varado vaagmi seetashoka vinaashakah || 19 ||

shivahsharvah parovyakto vyaktaa avyakto dharaadharah |  
pingakeshah pingaromaa shrutigamyah sanaatanah || 20 ||

anaadirbhagavaana devo vishva heturjanaashrayah |  
aarogyakartaa vishvesho vishvanaatho hareeshvarah || 21 ||

bhargo raamo raamabhaktah kalyaaNah prakrutisthirah |  
vishvambharo vishvamoortih vishvaakaarashcha vishvapah || 22 ||

vishvaatmaa vishvasevyotha vishvo vishvaharo ravih |  
vishvacheshTo vishvagamyo vishvadhyeya kalaadharah || 23 ||

plavangamah kapishreshTho jyeshTho vidyaa vanecharah |  
baalo vruddho yuvaat sattvam tattvagamyah sukhohyajah || 24 ||

anjanaasoonu ravyagroh graamashaanto dharaadharah |  
bhoorbhoovah svah maharloko janolokah tapo avyayah || 25 ||

satyam omkaaragamyashcha praNavo vyaapako amalah |  
shivo dharmapratishThaataa raameshTa phalgunapriyah || 26 ||

goshpadeekruta vaaraashih poorNakaamo dharaapati |  
rakshoghnhah puNDareekaakshah sharaNaagata vatsalah || 27 ||

jaanakee praaNadaataa cha rakshah praaNaapahaarakah |  
poorNasattvah peetavaasaa divaakara samaprabhah || 28 ||

droNahartaa shaktinetaa shakti raakshasamaarakah |

rakshogho raamadootashcha shaakinee jeevahaarakah || 29 ||

bhoobhukkaarahataaraati garvah parvatabhedanah |  
hetumaan praamshubeejam cha vishvabhartaa jagadguru || 30 ||

jagattraataa jagannaatho jagadeesho janeshvarah |  
jagatpitaa harih shreesho garuDasmayabhanjanah || 31 ||

paarthadhvajo vaayuputro amita pucCho amitaprabhah |  
brahmapucChah parabrahmapucCho raameshTa evacha || 32 ||

sugreevaadiyuto gyaanee vaanaro vaanareshvarah |  
kalpasthaayee chiranjeevee prasannashcha sadaashivah || 33 ||

sanaatanahh sadgatih bhuktimuktidah keertidaayakah |  
keertih keertipradashchaiva samudrah shreapradah shivah || 34 ||

udadhikramaNo devah samsaara bhayanaashanah |  
vaarthibandhanakrut vishvajetaa vishvapratishThitah || 35 ||

lankaarih kaalapurusho lankeshah gruhabhanjanah |  
bhootaavaaso vaasudevo vasustribhuvaneshvarah || 36 ||

shree raamadootah krushNashcha lankaapraasaada bhanjanah |  
krushNah krushNastutah shaantah shaantido vishvapaavanah || 37 ||

vishvabhoktaa cha maareegho brahmachaaree jitendriyah |  
oordhvagolaanguleemaalee laangoola hataraakshasah || 38 ||

sameeratanujo veero veeramaaro jayapradah |  
jagatmangaladah puNyah puNyashravaNa keertanah || 39 ||

puNyakeertih puNyagatih jagatpaavana paavanah |  
devesho jitakrodhashcha raamabhakti vidhaayakah || 40 ||

dhyataa dhyeyo bhagassaakshee chetashchaitanya vigrayah |  
gyaanadah praaNadah praaNo jagatpraaNah sameeraNah || 41 ||

vibheeshaNapriyah shoorah pippalaashraya siddhidah |  
suhrtisiddhaashrayah kaalah kaalabhakshaka bharjithah || 42 ||

lankeshanidhanah sthaayee lankaadaahaka eeshvarah |  
chandrasooryaagni netrashcha kaalaagnih praLayaantakah || 43 ||

kapilah kapeeshah puNyaraashi dvaadasharaashigah |  
sarvaashrayo aprameyaatmaa revatyadi nivaarakah || 44 ||

lakshmaNapraaNadaataa cha seetaajeevana hetuka |  
raamadhyeyo hrusheekesho vishNubhakto jaTee balee || 45 ||

devaaridarpahaa hotaa kartaaahartaa jagatprabhuh |  
nagara graamapaalashcha shuddho buddho nirantarah || 46 ||

niranjano nirvikalpo guNaateeto bhayankarah |  
hanumaanamshcha duraaraadhyah tapassaadhyo amaresvaraah || 47 ||

jaanakee ghanashokottha taapahartaa paraatparah |  
vaanmayah sadasadroopakaaraNam prakruteh parah || 48 ||

bhaagyado nirmalo netaa pucChalankaavidaahakah |  
pucChabaddho yaatudhaano yaatudhaanaripupriyah || 49 ||

Chaayaapahaaree bhootesho lokeshah sadgatipradah |  
plavangameshvaraah krodhah krodhasamraktalochanaah || 50 |

krodhahartaa taapahartaa bhaktaabhayavarapradah |  
bhaktaanukampee vishveshah puruhootah purandarah || 51 ||

agnirvibhaavasuh bhaasvaan yamo nirrutirevacha |  
varuNo vaayugatimaan vaayuh koubera eeshvaraah || 52 ||

ravishchandrah kujassaumyo guruh kaavyah shanaishcharah |  
raahuketurmaruddhotaa dhaataa hartaa sameerakah || 53 ||

mashakeekruta devaarii daityaari madhusoodanah |  
kaamah kapih kaamapaalah kapilo vishvajeevanah || 54 ||

bhaageerathee padaambhojah setubandha vishaaradah |  
svaahaa svadhaa havih kavyam havya kavya prakaashakah || 55 ||

svaprakaasho mahaaveero laghushcha amitavikramah |  
praDeenoDDeenagatimaan sadgatih purushottamah || 56 ||

jagadaatmaa jagadyonih jagadantohyanantakah |  
vipaapmaa nishkalankashcha mahaana mahadahamkrutih || 57 ||

kham vaayuh pruthivee hyaapo vahnirdikpaala evacha |  
kshetragyah kshetrapaalashcha palvaleekruta saagarah || 58 ||

hiraNmayah puraaNashcha khecharo bhoocharo manu |  
hiraNyagarbhah sootraatmaa raajaraajo vishaampatih || 59 ||

vedaantavedyodgeethashcha vedavedaanga paaragah |

---

pratigraamasthitah saadhyah sphoortidaataa guNaakarah || 60 ||

nakshatramaalee bhootaatmaa surabhih kalpapaadapah |  
chintaamaNih guNanidhiih prajaapatih anuttamah || 61 ||

puNyashlokaa puraaraati jyotishmaan shaarvareepatih |  
kilikilyaaravaktrasta bhoota preta pishaachakah || 62 ||

ruNatraya harassookshmah sthoolah sarvagatah pumaan |  
apasmaara harassmartaa shrutirgaathaa smrutirmanuh || 63 ||

svargadvaarah prajaadvaaro mokshadvaara kapeeshvarah |  
naadaroopa parabrahma brahmabrahmaa puraatanah || 64 ||

ekonaiko janahshuklah svayam jyotiranaakulah |  
jyotirjyotiranaadishcha saattviko raajasattamah || 65 ||

tamohartaa niraalambo niraakaaro guNaakarah |  
guNaashrayo guNamayo bruhatkaayo bruhadyashaah || 66 ||

bruhaddhanuh bruhatpaado bruhanmoordhaa bruhatsvapah |  
bruhatkarNo bruhannaaso bruhannetro bruhadgalah || 67 ||

bruhadyatno bruhaccheshTo bruhatpucCho bruhatkarah |  
bruhadgathih bruhatsevyo bruhalloka phalapradah || 68 ||

bruhatshaktih bruhadvaanChaa phalado bruhadeeshvarah |  
bruhallokanuto drashTaa vidyaadaataa jagadguruh || 69 ||

devaachaaryah satyavaadee brahmavaadee kalaadharah |  
saptapaataaLagaameecha malayaachala samshrayah || 70 ||

uttaraashaasthitah shreedo divyoushadhahvashankhagah |  
shaakhaamrugah kapeendrashcha puraaNashrutih sancharah || 71 ||

chاتuro braahmaNo yogee yogagamyah paraatparah |  
anaadi nidhano vyaaso vaikuNThah pruthiveepatih || 72 ||

paraajito jitaaraatih sadaanandashcha eeshitaa |  
gopaalo gopatirgoptaa kalihkaalah paraatparah || 73 ||

manovegee sadaayogee samsaarabhayanaashanah |  
tattvadaataashcha tattvagya svatvatattva prakaashakah || 74 ||

shuddho buddho nityamukto yuktaakaaro jayapradah|  
praLayo amitamaayashcha maayaateeto vimatsarah || 75 ||

maayaanirjitarakshashcha maayaanirmitavishTapah |  
maayaashrayashcha nirlepo maayaanirvanchakassukhah || 76 ||

sukhee sukhaprado naago maheshakruta samstavah |  
maheshvarassatyasandhah sharabhah kalipaavanah || 77 ||

raso rasagyah sammaanastapashchakshushcha bhairavah |  
ghraaNo gandhah sparshanam cha sparsho ahankaaramaanavah || 78 ||

netineteeti gamyashcha vaikuNTha bhajanapriyah |  
gireesho girijaakaanto durvaasaah kavirangiraah || 79 ||

bhrugurvasishThashcyavanah tumbururnaarado amalah |  
vishvakshetram vishvabeejam vishvanettrashcha vishvapah || 80 ||

yaajako yajamaanashcha paavakah pitarastathaa |  
shraddhaabuddhi kshamaa tandraa mantrayutah svarah || 81 ||

raajendro bhoopatih kaNThamaalee samsaarasaarathih |  
nityah sampoornakaamashcha bhaktakaamam uttamah || 82 ||

guNapah keeshapo bhraataa pitaa maataa cha maarutih |  
sahasrasheershaapurushah sahasraakshah sahasrapaat || 83 ||

kaamajit kaamadahanah kaamah kaamyaphalapradah |  
mandraahaaree cha rakshoghnah kshitibhaaraharo balah || 84 ||

nakhadamshTraayudho vishNuh bhakto abhayavarapradah |  
darpahaa darpadodruptah shatamoortiramoortimaan || 85 ||

mahaanidhirmahaabhaago mahaabhogo mahaarthadah |  
mahaakaaro mahaayogee mahaatejaa mahaadyutih || 86 ||

mahaakarmaa mahaanaado mahaamantro mahaamatih |  
mahaashayo mahodaaro mahaadevaatmako vibhuh || 87 ||

rudrakarmaa kroorakarmaa ratnanaabhabhah krutaagamah |  
ambhodhilanghanah simho nityo dharmapramodanah || 88 ||

jitaamitro jayassaamo vijayo vaayuvaahanah |  
jeevadaataa sahasraamshuh mukundo bhooridakshiNah || 89 ||

siddhaartha siddhidah siddhasamkalpah siddhihetuka |  
saptapaataaLabharaNah saptarshigaNavanditah || 90 ||

saptaabdhilanghano veerah saptadveeporumaNDalah |

---

saptaangaraajyasukhadah saptamaatrunishevitah || 91 ||

saptalokaikamukuTah saptahotaa svaraashrayah |  
saptaChandonidhih saptacChandah saptajanaashrayah || 92 ||

saptasaamopageetashcha saptapaataaLasamshrayah |  
medhaavee keertidah shokahaaree dourbhaagyanaashanah || 93 ||

sarvavashyakaro bhargo doshaghnaah putrapoutradaah |  
prativaadi mukhastambho dushTachittaprasaadanaah || 94 ||

paraabhichaarashamano dukhaghno bandhamokshadah |  
navadvaara puraadhaaro navadvaara niketanah || 95 ||

naranaaraayaNastutyo naranaatho maheshvarah |  
mekhalee kavache khaDgee bhraajishNuh vishNu saarathih || 96 ||

bahuyojanavisteerNa pucChah pucChahataasurah |  
dushTagrahanihantaa cha pishaachagraha ghaatukah || 97 ||

baalagrahavinaashee cha dharmonetaa krupaakarah |  
ugrakrutyognavegashcha ugranetrah shatakratuh || 98 ||

shatamanyu stutah stutyah stutih stotaa mahaabalah |  
samagruguNashaalee cha vyagrоракшо vinaashakah || 99 ||

rakshoghnahasto brahmehshah shreedharo bhaktavatsalah |  
meghanaatho megharoopo meghavrushTi nivaarakah || 100 ||

meghajeevana hetushcha meghashyaamah paraatmakah |  
sameera tanayo boddhaa tattvavidya vishaaradah || 101 ||

amogho amogha vrudhishcha ishTado anishTadaayakah |  
artho anarthaapahaaree cha samartha raama sevakah || 102 ||

arthee dhanyah suraaraathih puNDareekaakshah aatmabhooh |  
sankarshaNo vishuddhaatmaa vidyaaraashih sureshvarah || 103 ||

achaloddhaaraka nityah setukrudraamaasaarathih |  
aananda paramaanando matsyah koorpo nidhishhamah || 104 ||

varaaho naarasimhashcha vaamano jamadagnijah |  
raamah krushNah shivo buddhah kalkee raamaashrayo harah || 105 ||

nandee bhrungee cha chaNDee cha gaNesho gaNasevitah |  
karmaadhyakshah suraadhyaksho vishramo jagataampatih || 106 ||

jagannaathah kapishreshThah sarvaavaasah sadaashrayah |  
sugreevaadistutah shaantah sarvakarmaa plavangamah || 107 ||

nakhavaarita rakshashcha nakhaayudha vishaaradah |  
kushalah sudhanah shesho vaasukih takshakassvarah || 108 ||

svaNavarNo balaaDhyashcha raamapoojyo aghanaashanah |  
kaivalyadeepah kaivalyo garuDah pannago guruh || 109 ||

kilyaaraavahataaraati garvah parvatabhedanah |  
vajraango vajravegashcha bhakto vajra nivaarakah || 110 ||

nakhaayudho maNIgreevo jvaalaamaalee cha bhaaskarah |  
prouDha prataamastapano bhaktaapanivaarakah || 111 ||

sharaNam jeevanam bhoktaa naanaacheshTo hyachanchalah |  
susvastho ashTaaspahaa duhkhashamanah pavanaatmajah || 112 ||

paavanam pavanah kaanto bhaktaagah sahanobalah |  
meghanaada ripurmegha naadasamhruta raakshasah || 113 ||

ksharo aksharo vineetaatmaa vaanareshah sataamgatih |  
shreekaNThah shitikaNThashcha sahaayah sahanaayakah || 114 ||

asthoolastvanaNurbhargo devassahruti naashanah |  
adhyaatma vidyaasaarashcha avyaatma kushalassudheeh || 115 ||

akalmapah satyahetuh satyagah satyagocharah |  
satyagarbhah satyaroopah satyah satya paraakramah || 116 ||

anjanaa praaNalingashcha vaayuvamshodbhava sudheeh |  
bhadraroopo rudraroopah suoopah chitraroopadhrut || 117 ||

mainaakavandita sookshmadarshano vijayo jayah |  
kraanta digmaNDalo rudrah prakaTeekruta vikramah || 118 ||

kambukaNThah prasannaatmaa hrasvanaaso vrukodarah |  
lamboshThah kuNDalee chitramaalee yogavidaam varah || 119 ||

vipashchit kaviraananda vigraho ananya shaasanah |  
phalgunesoonu ravyagro yogaatmaa yogatatparah || 120 ||

yogavedyo yogavakto yogayonih digambarah |  
akaaraadi kshakaaraanta varNanirmitavigrahah || 121 ||

ulookhalamukhah simhah sastutah parameshvarah |

shlishTajangha shlishTajaanuh shlishTapaaNih shikhaadharah || 122 ||

susharmaa amitasharmaa cha naaraayaNa paraayaNah |  
jishNurbhavishNoo rochishNuh grasishNuh sthaaNurevacha || 123 ||

harirudraanukrud vakshakampano bhoomi kampanah |  
guNapravaaha sootraatmaa veetaraagastutipriyah || 124 ||

naagakanyaa bhayadhvamsee rukmavarNah kapaalabhrut |  
anaakulo bhayopaayo anapaayo vedapaaragah || 125 ||

aksharah purusho lokanaaatho rakshah prabhurdhruDhah |  
ashTaangayoga phalabhuk satyasandhah purushTutah || 126 ||

shmashaanasthaananiyah pretavidraavaNakshamah |  
panchaaksharaparah panchamaatruko ranjanadhvajah || 127 ||

yogineevrundavandyashcha shatrughno anantavikramah |  
brahmachaareendriya ripurdhrutadaNDo dashaatmakah || 128 ||

apranchah sadaachaarah shoorasena vidoarakah |  
vruddhapramodashchaanandah saptajivhaapatirvarah || 129 ||

navadvaara puraadhaarah pratyagassaama gaayakah |  
shaTchakradhaamaa svaloko bhayahrunkaanado amadah || 130 ||

sarvavashyakarah shaktirnetaachaananta mangaLah |  
ashTamoorti dharonetaa viroopassvara sundarah || 131 ||

dhoomaketuh mahaaketuh satyaketuh mahaarathah |  
nandipriyah svatantrashcha mekhalee samarapriyah || 132 ||

lohaanga sarvaviddhanvee shaTkalashsharva eeshvarah |  
phalabhukta phalahastashcha sarvakarma phalapradah || 133 ||

dharmaadhyaksho dharmaphalo dharmodharma prado arthatadah |  
panchavimshati tattvagyah taaraka brahmataatparah || 134 ||

trimaargavasatirbheemah sarvaduhkhanibarhaNah |  
oorjasvaan nirgalashshoolee maalee garbhonishaacharah || 135 ||

raktaambaradharo rakto raktamaalaa vibhooshaNah |  
vanamaalee shubhaangashcha shvetah shvetaambaro yuvaah || 136 ||

jayo jayapareevaarah sahasravadanah kavih |  
shaakinee Daakinee yaksharaksho bhootougha bhanjanah || 137 ||

sadyojaatah kaamagatih gyaanamoortih yashaskarah |  
shambhutejaah saarvabhaumo vishNubhaktah plavangamah || 138 ||

chaturnayati mantragyah poulastya baladarpahaa |  
sarvalakshmeepradah shreemaanangadapriya eeDitah || 139 ||

smrutirbeeja sureshaana samsaarabhayanaashanah |  
uttamah shreepareevaarah shreebhoodurgaa cha kaamadruk || 140 ||

sadaagatirmaatarishvaa raamaapaadaabja shaTpawah |  
neelapriyo neelavarNo neelavarNa priyassuhru || 141 ||

raamadooto lokabandhurantaraatmaa manoramah |  
shreeraama dhyaanakrudveerah savaarkipurushastutah || 142 ||

raamakaaryaamtarangashcha shuddhirgatiranaamayah |  
puNyashlokah paraanandah pareshah priyasaarathih || 143 ||

lokasaamee muktidaataa sarvakaaraNa kaaraNah |  
mahaabalo mahaaveerah paaraavaara gatirguru || 144 ||

samasta lokasaakshee cha samasta suravanditah |  
seetaasameta shreeraamapaada sevaadhurandharah || 145 ||

shree seetaasameta shreeraamapaada sevaadhurandharah shree aanjaneya  
sahasranaamashlokaah samaaptaah ||

### **vaalmeeki uvaacha -**

iti naamnaam sahasreNa stuto raameNa vaayubhooh |  
uvaacha tam prasannaatmaa sanghaa yaatmaana gavyayam || 146 ||

### **shree hanumaa uvaacha -**

dhyaanaaspadamidam brahmamatpurat samupasthitam |  
svaamin krupaanidhe raama gyaato asi kapinaa mayaa || 147 ||

tavadhyaana nirataa lokaah kim maam japasi saadaram |  
tam aagamanahetushcha gyaato hyatra mayaanaghah || 148 ||

kartavyam mama kim raama tathaa broohi cha raaghava |  
iti prachodito raamah prahrushTaat mevanbraveet || 149 ||

### **shree raama uvaacha -**

durjayah khalu vaideheem gruheetvaa ko api nirgatah

hatyaa tam nirghruNam veerah aanayasva kapeeshvarah || 150 ||

mama daasyam kuru sakhe bhavaam vishvasukhakaroh |  
tathaakrute tvayaa veerah mama kaarya bhavishyati || 151 ||

om ityaagyaam tu shirasaa gruheetvaa cha kapeeshvarah |  
vidheyam vidhitatra chakaara sa shivah svayam || 152 ||

idam naamnaam sahasram tu yodheete pratyaham narah |  
duhkhougho nashyate tasya sampatti vardhate chiram || 153 ||

vashyam chaturvidham tasya bhavatyena na samshayah |  
raajaano raajaputraashcha raajakaaryaashcha mantriNah |  
trikaalapaThanaat tasya drushyantre atra tripakshatah || 154 ||

ashvatthamoole japataam naasti vairikrutam bhayam |  
trikaala paThanaattasta siddhih syaat karasamsthita || 155 ||

braahmeemuhorte chotthaaya pratyaham yaha paThennarah |  
aihikaamushmikam so api labhate naatra samshayah || 156 ||

sangraame sannivishTaanaam vairividraavaNam param |  
jvaraapasmaara shamanam gulmaadeenaam nivaaraNam || 157 ||

saamraajya sukha sampattidaayakam jagataam shruNu |  
svarga moksham samaapnoti raamachandra prasaadatah || 158 ||

ya idam paThate nityam shraavavedvaa samaahitah |  
sarvaankaamaan avaapnoti vaayuputra prasaadatah || 159 ||

|| iti shree paraashara samhitaayaam shree paraashara maitreya samvaade shree  
raamaprokta mukhya sahasranaama stotram naama ashTaasheetitatamah paTalah ||